



## GUIDE TO SMART SNACKING

For many people three meals a day just doesn't cut it. If you are one of those people, you may be surprised to find out that snacking throughout the day is actually a great way to nourish your body and boost your energy between meals; however, in order to reap the benefits of snacking, you must choose your foods wisely. The guide below will help you in practicing healthy snacking techniques.

### **Choose snacks that fill nutrition gaps**

- When choosing a snack, consider the five food groups (grains, fruits, vegetables, protein and dairy) and pick snacks that will help you meet your daily needs. This will make your snack a meaningful component of your daily diet.

### **Control your portions**

- Snack portions should be smaller than meal portions and should only act as a bridge to tie you over until your next meal. In order to stay in control, prepare healthy snacks in advance and keep them in bags so you can grab them on the go. In addition, refrain from eating snacks directly from a multiple-serving package to avoid overeating.

### **Satisfy cravings with healthier options**

- Rather than ignore your food cravings, try to satisfy them with a healthier choice. If you're craving salt, choose pretzels over chips. If you want chips, opt for baked chips. Try drinking chocolate milk instead of reaching for a candy bar. Choose frozen yogurt over ice cream. Substitute coffee or soft drinks with tea to get your caffeine fix.

### **Don't snack unless you are truly hungry**

- People often turn to snacking out of boredom. While it may be hard to resist this urge, try focusing your attention elsewhere like going for a walk or reading a book. Furthermore, avoid mixing snacking with other activities such as watching TV, studying or reading. When you snack absentmindedly you usually end up overeating.

### **Keep snack time interesting**

- Change your snack options weekly to keep your taste buds satisfied. Having a variety of snack options will keep you from eating a little bit of every snack you have in the pantry and fridge. Some good options include homemade trail mix, whole-wheat pretzels dipped in mustard, rice cakes or celery with peanut butter, low-fat fruit yogurt with oats, vegetables or pita bread dipped in hummus, cottage cheese topped with fresh fruit or a fruit salad.

***DON'T FORGET TO STRETCH!***